ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PSHE	YEAR 6	SPRING TERM UNIT 3: 3a EHW – Positive Mental Attitude 3b E/PHW – Internet Safety	UNIT 4: LWW – Rights and Responsibilities

Knowledge Focus	Core Theme 1: Health and Wellbeing (Emotional Health & Wellbeing Physical Health & Wellbeing)	Core Theme 3: Living in the Wider World
PSHE Education Primary Toolkit 2020 Health and Wellbeing *H1 – H50* *Living in the Wider World L1 – H32*	Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and goal-setting) Developing and maintaining a heathy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect) Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks).	Empathy and compassion (including impact on decision-making and behaviour). Build and maintain healthy relationships of all kinds. Self-regulation (including promotion of a positive, growth mindset and managing strong emotions and impulses). Identification, assessment (including prediction) and management of positive and negative risk to self and others. Respect for others' right to their own beliefs, values and opinions, Making decisions. Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping) Valuing and respecting diversity Identify links between values and beliefs, decisions and actions
Year 6 Spring 1	**Positive Mental Attitude** • To know how healthy eating, physical activity, rest and relaxation can support all aspects of wellbeing – physical, mental and emotional. • To know the positive and negative influences on choices related to health. • To know the influence of media advertising / celebrity culture on health and lifestyle choices. • To know how people might approach making an informed decision in relation to health and wellbeing. • To know how their choices might have positive, neutral or negative consequence. • To know the benefits of a balanced lifestyle. **Internet Safety** ***Pupils should know*** • *That people sometimes behave differently online, including by pretending to be someone they are not.*	

	• that the same principles apply to online relationships as to face-to face relationships, including the importance of respect for others online including when we are anonymous. *• The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.* *• How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.* *• How information and data is shared and used online.*	
Year 6 Spring 2		**Rights and Responsibilities** • To recognise reasons for rules and laws; consequences of not adhering to rules and laws • To recognise there are human rights that are there to protect everyone • To know about the relationship between rights and responsibilities • To know about the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others • To know about ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)